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## Banner News

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# Banner News

Des Moines Area Community College Boone Campus

Wednesday, March 9, 2011, Vol. 10, No. 11

## DMACC continues to "go green"

By Devon Greer  
Staff Writer

A compost bin would be placed outside on campus if plans by the Sustainability Committee take shape as its leader hopes.

Nancy Woods, chairwoman of the committee and a DMACC professor of Physics and Calculus, said compost would provide DMACC with the ability to remove organic waste.

"I visualize a disposal place all nice and laid out," she said.

Woods also wants to find a way to involve students.

"I wish there was a way we could get students to contribute to that," she said. She believes there would be a way for her students to help manage the project. Currently her work-study students assist with other recycling efforts on campus.

Woods said another benefit of the compost would be the creation of organic fertilizer that could be used for landscaping.

It has been three years since DMACC President Rob Denson made a commitment to the college going green. "DMACC has a responsibility to preserve the environment and educate others about the advantages of 'going green,'" he said on DMACC's Going Green Web page.

DMACC's Boone Campus continues to take part in DMACC's recycling program "Operation Green," an initiative to reduce the college's environmental impact.

One part of "Operation Green" that has been in effect since January 2009 is the placement of recycling receptacles throughout the Boone Campus. An exact number of those blue containers with the recycling arrows are impossible to track because of theft and placement, Woods said.

The maintenance staff regularly empties the recycling bins. "A non-profit organization that usually helps the disabled, called Genesis, comes on Tuesdays to collect the recycling materials," said Dean Hatch, head custodian and supervisor.

Woods said the items are sorted and separated at the

recycling center. "Anything that is able to be recycled can go into the container upstairs across from my office." Woods then said "despite what the labels might say any plastic can be but in the non-refundable bins."

"A large portion of recyclables on campus come from the café and bookstore such as cardboard," Hatch said.

Hatch said the receptacles are working well. Woods agrees but says making students aware of the importance of recycling requires constant education.

In 2008, DMACC launched a major "green" initiative by joining the Association for the Advancement of Sustainability in Higher Education and the President's Climate Commitment. With the memberships, DMACC is committed to initiatives dedicated to conservation and reducing waste on its six campuses.

The Presidents Climate Commitment consists of the presidents of 677 colleges and

universities across America. The group believes they must "exercise leadership in their communities and throughout society by modeling ways to minimize global warming emissions, and by providing the knowledge and the educated graduates to achieve climate neutrality," according to the group's website [www.presidentsclimatecommitment.org](http://www.presidentsclimatecommitment.org).

DMACC is one of 13 Iowa-based colleges and universities to join the group. The college and university presidents are also committed to the AASHE environmental initiatives. AASHE is an association of colleges and universities in the U.S. and Canada working to create a sustainable future.

In August 2009 the DMACC Sustainability Task force was formed. The Sustainability Task Force will investigate, design, implement, and evaluate our move towards a more sustainable existence. It has 28 members divided into an Advisory Committee and five topic-specific working groups: curriculum, greenhouse gas (GHG) emissions, energy and transportation, waste, purchasing, and food, and

Continued on page 6



Photo by Devon Greer

One of the many blue recycling containers that are placed all around the Boone Campus. DMACC is continuing it's efforts to "go green."



Photo by Kevin Langel

Rico Saldana, Jr., power forward for the DMACC Bears, goes up for the basket during the Region XI Division II quarterfinals game against NIACC on March 2. The bears pulled an 83-71 win against the Trojans. Turn to pages 4 and 5 to see more information regarding the DMACC Bears.

## Gas prices still on the rise

By Daniel Ginger  
News Editor

Gas prices all around the Story and Boone County areas are hovering around \$3.40 per gallon.

Many students here on the Boone Campus commute to class from the surrounding area. With the prices of fuel going up, some students' wallets are taking a hit.

When asked how much the rise in gas has affected him, Caleb Hamilton, who commutes from Ames, replied, "Very much. I have to drive to classes six times a week. I drive to work as well."

This double commute is a hardship. "I have to fill up [the gas tank] once a week now, which costs about \$50 each time. I'm trying to save up for my wedding and this makes it hard. I'm spending \$150 to \$200 a month just on gas," Hamilton said.

Some students haven't noticed a difference in the cost of gas. Hannah O'Neal says she "only lives a mile from campus, so it hasn't affected me much."

Justin Clay, who lives in Roland-Story, said, "I haven't had to fill up yet, but it's going to suck when I have to."

Students looking to carpool to school may find some like-minded people around campus.

Located on the wall next to the DMACC bookstore is the Commuter's Board. On this, students can post what times they will be on campus and if they need a ride, or if they are willing to give a ride.

Kristina Gorman of Ames posts that she needs a ride to campus Mondays through Fridays at approximately 8:00am and a ride back after her classes at approximately 1:30pm.

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*"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."*

*~Albert Einstein~*



# Student major should reflect passion

By **Ciara Schaben**  
*Staff Writer*

Many students at the Boone Campus find themselves questioning their major.

“Numerous students change their major frequently,” said Shelby Hildreth, academic advisor at the Boone Campus.

She recommends talking to someone in the field who has first-hand experience when considering switching majors.

“When a student is exposed to the good, the bad, and the ugly of the field they plan to major in, they understand better what they are getting into.”

Hildreth said if you are planning to switch majors, ask yourself why. “Eighty to 90 percent of students major in a subject due to external motivation.” External motivation includes such things as the amount of money a person in that industry makes, their parents’ influence or having friends majoring in the same subject.

“Students should not choose a major based on external motivation but rather in themselves and what the student is interested in,” she said. “Students need to have internal motivation and passion in their major, otherwise it’s not for them.”

Students may not just change their major but their whole school itself.

Boone Campus student Sierra Stark attended The Salon Professional Academy (TSPA) in Ames for a month before deciding to go to DMACC. TSPA is a vocational school, or trade school, that specializes in learning specific skills needed to acquire a job in that field. Going to a vocational school is much different than a college. At a college or a university most time is spent in lecture or studying while a vocational school is more hands-on.

“TSPA was a lot of fun at first, but when I got down to thinking about doing it the rest of my life, it didn’t seem like what I

wanted to do,” said Stark.

Instead of cosmetology, Stark is planning to earn her coaching certificate through DMACC to coach cheerleading.

“Coaching cheerleading is more up my alley. I was active in cheerleading all through high school and have a passion for it,” said Stark.

Choosing the path a student takes is critical to that student’s future.

“You don’t want to major in something that just ‘sounds good,’” said Stark. “That’s what I did and wasted a month at TSPA.”

Stark is happy that she choose DMACC and is planning to transfer to Iowa Western Community College in the fall to be closer to home.

Students considering changing their major should talk to an advisor for guidance. Advisors are available throughout the week in room 120. Call 515-432-7203 to schedule an appointment.

# Blind student works to save braille school

By **Devon Greer**  
*Staff Writer*

James Buffum wants you to help him help the Iowa Braille School.

James is the 23-year-old blind DMACC student who you might recognize on campus with his white walking cane. He’s been here four semesters now, going to classes and living in student housing across the street. He’s originally from Grinnell.

James is a member of the Help Iowa Braille School Group. The activist group is circulating a petition to save the Braille School and its programs. The school is in jeopardy of being closed.

“I’m starting a petition to support the Individuals with Disabilities Education Act in order to save the Iowa Braille School,” he said. The petition will be available for signatures the week of March 7.

More about the Iowa Braille School group can be found at its Facebook Group page or twitter.com/helpibs. Their page includes legal information along with links to advocacy organizations

“The mission of the group is to educate the public about the Braille School, in order to prevent it from becoming a school of the past,” James said. The flyers supporting the group’s cause are located at the café and on the table upstairs in front of the psychic’s lab.

Not only does James invest his time in helping the Braille School but he also is an active member of Phi Theta Kappa and the student activity council. Taking 16 credits and working towards his associates in arts degree this spring se-



James Buffum

mester, James is “looking forward to graduating this May and continuing on next to Faith Baptist College in Ankeny.”

His motivation: “The end result of my hard work,” he said.

His college choice is directly related to his strong religious beliefs. His chosen profession would be ministry or Spanish interpretations, he said.

In fact, the reason he chose to attend Boone DMACC was that it offered second-year Spanish classes.

“My ideal vacation is where I’m going this summer. I’m going to Spain.” He traveled to Costa Rica last summer for two weeks to stay with a host family.

James, who is legally blind, said he can see “forms” or outlines but not much more, uses a screen reader program to do things like look at websites and read email. He also purchases the audio version of the textbooks for class.

James said he “doesn’t have much free time,” but for now his spare moments are devoted to raising awareness about his petition for the Help Iowa Braille School project.

“I hope I get a lot of signatures,” he said.

# Creative Writing winners announced

**DMACC --** The DMACC District-Wide Creative Writing Contest is pleased to announce the winners of the 2010-2011 Contest.

Winners were select from more than 130 excellent entries. In addition to either scholarship or cash prizes, winners will be published in Expressions magazine. Winners will participate in a Masters Workshop and public reading with professional writers from the DMACC Literary Festival this April.

**\$1,000 Scholarship—Jennifer J. Riggle** Poems: “Phoenix Rising, Phoenix Risen,” “Seeds,” and Fiction: “End of the Beginning, Beginning of the End”

**\$500 Scholarship—Bridget Cunningham** Poems “My Sun” and “Rebuild” and Fiction “The Pearl”

**1<sup>st</sup> Place Fiction (\$100)—Michael Miller, “A Sense of Touch”**

**2<sup>nd</sup> Place Fiction (\$50)—Christa Smith, “Let it Go”**

**3<sup>rd</sup> Place Fiction (\$25)—Russell Luke, “The Crawlspace”**

**1<sup>st</sup> Place Poetry (\$100)—Brad Collings, “The Dandelion Boys”**

**2<sup>nd</sup> Place Poetry (\$50)—Marilyn A. Kelley, “Again Last Night”**

**3<sup>rd</sup> Place Poetry (\$25)—Gail George, “Cancer Part 1: Surviving”**

**Honorable Mention Story—Julia Bittner, “Junebug and Jumper”**

**Honorable Mention Poem—Katherine Chatoian, “Soft Chew Diet”**



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## BEAR BRIEFS

### Free Income Tax Assistance

If your income was less than \$49,000 last year, call to schedule an appointment for free income tax help:

Fridays from 9:30 a.m. to 3:30 p.m. at the DMACC Boone Campus, Feb. 4 through April 15. Call (515) 433-5029 to schedule an appointment at the Boone Campus.

Bring last year's taxes, W-2s, and Social Security cards, as well as any other tax documents you have.

This is a free service for those who qualify. Please come early; only a limited number of clients can be seen each day.

The service will not be available during DMACC's spring break, which occurs March 14-18.

### Additional Scholarship Assistance

Don't miss out on additional grant assistance. The following scholarships is available from the Iowa College Student Aid Commission. You must complete the Iowa Financial Aid Application (links below) to apply.

You must complete both the FAFSA and the Iowa Financial Aid Application, if you wish to apply for the scholarship below at <https://apps.iowacollegeaid.gov/common/default.aspx?cmd=wizInfoView>, select "Undergraduate Student."

2011-2012 Iowa Financial Aid Application available for students applying for the following program:

\*Iowa National Guard Educational Assistance Program (NGEAP) (priority deadline of August 31)

### It's time for FAFSA 2011-2012

Complete the 2011-2012 Free Application for Student Financial Aid (FAFSA) for school year beginning August 25, 2011 at [www.fafsa.ed.gov](http://www.fafsa.ed.gov) by DMACC's priority date of April 1, 2011.

When you complete the FAFSA you are asking to be considered for Federal Pell Grants, Federal Student Direct Loans, Federal Supplemental Education Opportunity Grants and Federal College Work Study.

We want to hear your complaints/compliments/concerns!

Please submit Letters to the Editor to [bannernews@dmacc.edu](mailto:bannernews@dmacc.edu).

Remember that all letters must be signed!

### Totally Tattoos

Totally Tattoos will be in the Courter Center on March 9 from 9 a.m. until 4 p.m.

### Wii Deal or No Deal Contest

The Students Activities Council is sponsoring Wii Deal or No Deal on Thursday, March 10 from 9 a.m. to 11 a.m. in the Courter Center.

### Spring Break

Spring break will be the week of March 14. Offices will be open during break.

### World Water Day Taste Test

There will be a World Water Day taste test on March 22 in the Courter Center from 9 a.m. until noon.

### Blood Drive

The Blood Center of Iowa will be putting on a blood drive on March 23 from 9:30 a.m. until 1 p.m. in the Courter Center. To schedule an appointment, go to [www.bloodcenterofiowa.org](http://www.bloodcenterofiowa.org).

### Singer to Sing

Danny Grause will be singing from 12 p.m. until 1 p.m. on March 23 in the Courter Center.

### Time for Ice Cream

On March 23, students will be able to build their own ice cream sundaes in the Courter Center from 12 p.m. until 1 p.m.

### Beach Volleyball

There will be beach volleyball on March 31 from 7 p.m. until 9 p.m. The location is yet to be determined.

### Drama Department to present spring play

The DMACC Boone Campus drama department will be presenting their spring production, "Dead Giveaway" on April 1 and 2 at 7:30 p.m. in the Boone Campus Theatre. Admission is \$5 and free to students who present their student ID card. Refreshments will be served by members of the Phi Theta Kappa Chapter of the Boone Campus.

**Have a fun and safe spring break!**

Turn to page 8 and

**"Guess this Pic"**

Guess the picture correctly and win a prize!!



## Hicks scores 23 to lead DMACC men past NIACC in Region XI Tourney

**DMACC** - Sophomore E.J. Hicks of Davenport matched his season high with 23 points to lead the Des Moines Area Community College to an 83-71 win over North Iowa Area Community College in the National Junior College Athletic association Region XI Division II quarterfinals March 2 at the DMACC gymnasium.

Kannon Burrage of East Moline, Ill., added 19 points and freshman Cole Martin of Omaha, Neb., came off the bench to score 18 points and grab 10 rebounds as the Bears moved into the tournament semifinals with a 23-7 record.

“DMACC is a great team,” said Mark Muhl, head coach for the NIACC Trojans. “They have an outstanding ball club. We are going to play one of our best games of the year against the Bears.”

DMACC trailed by 11 points twice in the first half before taking a 36-33 advantage at halftime. Hicks, who scored 14 points in the second half, made a pair of 3-pointers early in the half to put the Bears up 42-37, but NIACC had an answer and held a 55-50 lead with 11 minutes, 31 seconds to play.

DMACC responded with a

17-4 run to all but put the game out of reach. The Bears took the lead for good at 59-57 on the third of four 3-point baskets Hicks made in the second half. NIACC closed to 70-65 with less than five minutes remaining, but got no closer. The Trojans, led by Kendale Dunn’s 16 points, closed the season at 16-13.

Martin’s 10 rebounds helped DMACC to a 40-38 advantage on the boards. Burrage added six rebounds and a team-high six assists and sophomore Mike Thompson of Davenport grabbed nine rebounds and made two key baskets in the final minute.

DMACC will play fifth-ranked Kirkwood Community College in the Region XI Division II semifinals March 5 at DMACC. Game time is 1 p.m.

KCC won both of its games against the Bears during the regular season. The Eagles were victorious by a 71-59 score Jan. 19 at Cedar Rapids. They defeated DMACC 75-69 Feb. 16 at Boone.

“We played pretty well,” said Kurtis Phillips, forward for the DMACC Bears. “It was a team effort and everyone contributed to the game. I’m looking forward to playing Kirkwood.”

## DMACC women fall to Iowa Central in region XI championship game

**DMACC** - The Des Moines Area Community College women’s basketball team saw its season come to a close following a 75-65 loss to Iowa Central Community College in the National Junior College Athletic Association Region XI Division II championship game March 5 at the DMACC gymnasium.

The Bears closed the season at 22-11. ICC, ranked seventh, advances to the NJCAA Division II National Championships with a 28-4 record.

Freshman guard Sam Thrapp of Davenport led DMACC with a game-high 22 points. Sophomore Katlyn Wood of Monroe scored 12 points and grabbed a team-high eight rebounds and sophomore Carli Bunning of Boone had 10 points and six rebounds.

DMACC trailed 39-33 at halftime and got within four at 39-35 on a basket by freshman Karlie Warehime of Gowrie 43 seconds into the second half. But the Bears didn’t make another field goal until less than eight minutes remained in the game. ICC took advantage of the drought to open up a 54-43 lead and the Tritons maintained nothing less than a seven-point advantage the rest of the way.

DMACC shot just 29 percent for the game (18-of-62), including a 6-of-36 performance in the second half.

Mika Rodwald led ICC with 20 points. The Tritons advanced to the championship game with a 90-82 win over Southeastern Community College in semifinal play March 4 at the DMACC gymnasium.

DMACC got to the championship game by upsetting No. 1 seed and sixth-ranked Kirkwood Community College 66-54 in the other semifinal game.

The Bears never trailed in beating the Eagles for the first time in three matchups this season. They got off to a 9-1 start and had a 35-22 advantage at halftime. DMACC led by as many as 16 points in the second half and never led by less than nine points.

Bunning led four DMACC players in double figures with 17 points and eight rebounds. Wood added 12 points and also grabbed eight rebounds. Warehime and Thrapp scored 11 and 10 points respectively in the win.

The loss ended KCC’s run of four consecutive national championships. The Eagles, led by Diamon Beckford’s 14 points, ended the season at 25-7.

## Thrapp leads women to region XI quarter final win

**DMACC** - Freshman point guard Sam Thrapp of Davenport scored 16 points and dished out seven assists to lead the Des Moines Area Community College women’s basketball team to a 79-69 win over Marshalltown Community College in the National Junior College Athletic Association Region XI Division II quarterfinals March 1 at Marshalltown.

“I thought both teams played hard,” said Jocelyn Anderson, asst. women’s basketball coach. “It was a well fought game by both sides and I think the ladies pushed themselves all the way to the end.”

The Bears got 14 points

from sophomore Katlyn Wood of Monroe and 10 points each from sophomores Carli Bunning of Boone and Caitlin Axland of Irwin as they moved into the tournament semifinals with a 21-10 record.

DMACC pulled away in the first half and held a 41-31 advantage at halftime. The Bears played MCC on even terms in the second half to come away with their second win in three games against the Tigers this season.

Bunning grabbed six rebounds to help DMACC to a 40-30 advantage on the boards. Freshman Joscelyn Coleman of Shenandoah had six points

and five rebounds and freshman Ashley Hagedorn of Irwin and Axland had three steals apiece. Hagedorn also contributed seven points.

The Bears will play sixth-ranked Kirkwood Community College in the Region XI Division II semifinals March 4 at the DMACC gymnasium. Game time is 6 p.m.

KCC won both regular season matchups. The Eagles defeated DMACC 68-59 Jan. 19 at Cedar Rapids. Whitney Rohrbach’s 3-pointer with seven seconds remaining gave KCC a 67-64 win Feb. 16 at Boone.

## Bears drop two games against Crowder Community College

**DMACC** - The Des Moines Area Community College baseball team lost both games in a double-header against Crowder Community College Feb. 26 at Neosho, Mo.

The Roughriders won the opener, 8-4, and took the nightcap, 5-2, DMACC, ranked ninth in the National Junior College Athletic Association poll, fell to 6-3 for the season.

Freshman second baseman Sean Moore of Coralville and sophomore Greg Larpenter of Urbandale had two hits apiece to pace the Bears in the opener. DMACC scored three of its four runs in the fourth inning when sophomore third baseman Sean Borman singled home two

runs and another run scored on a Crowder error. Moore, who singled twice, also scored in the eighth inning on a double play ball by Borman.

Sophomore Ryan Torgerson of Johnston suffered his first loss of the season. Torgerson threw the first six innings, allowing eight runs on 10 hits. He struck out five and walked two. Freshman Alex Crawford of Wilton worked two innings and allowed just one hit. He struck out two batters.

Moore collected a pair of singles in the second game and was the only DMACC player with more than one hit. The Bears scored one run each in the fifth and sixth innings. Freshman Colin Keefe singled and scored

on a fielder’s choice in the fifth. Freshman Alex Lee of Prospect Heights, Ill., singled and scored on a double play ball by Larpenter in the sixth inning.

Freshman Austin Urban of Johnstown, Penn., threw the first five innings and suffered the loss. He allowed five runs on six hits, struck out six and walked two. Sophomore Josh Deboer of Coralville worked the last three innings. He allowed one hit, struck out five and walked one.

DMACC and Crowder were scheduled to play a doubleheader on Feb. 25, but the games were cancelled because of inclement weather.



Photo by Kevin Langel

Katlyn Woods goes up for the basket during the game against Kirkwood on Saturday, March 5. The Bears couldn’t get past the Iowa Central Tritons, losing the region XI championship 75-65.

## Loss to Kirkwood ends season for DMACC men

**DMACC** - The Des Moines Area Community College men’s basketball team dropped a 64-58 decision to fifth-ranked Kirkwood Community College in the National Junior College Athletic Association Region XI Division II semifinals March 5 at the DMACC gymnasium, ending the season for the Bears.

DMACC closed the year with a 23-8 record.

Sophomore E.J. Hicks of Davenport led the Bears with 17

points, including five 3-point baskets. Sophomore Hal Bateman of Davenport scored 16 points and sophomore Kannon Burrage of East Moline, Ill., had 11 points.

DMACC had an early two-point lead in the game, but trailed 30-24 at halftime and never got closer than four points in the second half. The Bears trailed 46-36 with 13 minutes, 14 seconds to play, then closed to within 48-44 on a 3-point basket by Hicks with more than 10 minutes remaining.

DMACC later trailed 60-56 with more than two minutes to play, but got just one field goal the rest of the way and KCC was able to put the game out of reach on a basket by Alex Coleman and free throws from Michael Weber and Brennan Cougill. Cougill led KCC with 12 points and 12 rebounds.

KCC had a 47-30 advantage on the boards, including 19 offensive rebounds. Burrage led DMACC with eight rebounds.





# DMACC baseball team sweeps 4-game series at Independence

**DMACC** - The Des Moines Area Community College baseball team swept all four games of its series with Independence Community College Feb. 19-20 at Independence, Kan.

DMACC, ranked ninth in the National Junior College Athletic Association Division II poll, defeated the Pirates by scores of 9-1 and 7-3 on Feb. 19. On Feb. 20, the Bears earned 11-0 and 13-1 victories. DMACC improved to 6-1 for the season with the wins.

The Feb. 19 opener saw freshman Sean Moore of Coralville, Wildemar Maldonado of Gurabo, Puerto Rico, and Alex Lee of Prospect Heights, Ill., collect two hits apiece. Sophomores John Loeffler of Burnsville, Minn., and Sean Borman of Minnetonka, Minn., drove in two runs apiece. Sophomore Ryan Torgerson of Johnston improved to 2-0 with the win. Torgerson worked six innings. He allowed three hits and struck out seven. Sophomore Andy Weiss of Ames threw the seventh inning and allowed one run on one hit. DMACC led 4-0 before putting the game out of reach with five runs in the top of the sixth.

Freshman Colin Keefe of Woodbury, Minn., had four hits and Loeffler and Maldonado collected three hits each to pace DMACC in the second game. Freshman Gabby De Varona of Pembroke Pines, Fla., drove in two runs for the Bears. Freshman Austin Urban of Johnstown, Penn., threw the first five innings

and earned his first win of the season. Urban allowed three runs on three hits. He struck out 10 and walked one. Sophomore Dylan Thomas of Lakeville, Minn., worked the sixth inning and struck out four batters after allowing a base runner on a wild pitch third strike, and sophomore Drew Freie of Wilton threw the seventh inning and struck out two batters.

De Varona and Moore each homered and sophomore Greg Larpenter of Urbandale collected three hits and drove in two runs as the Bears routed ICC 11-0 in the first game on Feb. 20. De Varona finished with four RBIs and Loeffler, Borman, Lee and freshman Jesus Navarro of Barquisimeto, Ven., had two hits apiece. Freshman Alec Crawford of Wilton ran his record to 2-0 on a two-hitter. He struck out seven and did not walk a batter.

Freshman Alex Lashomb drove in four runs with a home run and a double to lead DMACC past the Pirates in the second game. Loeffler and Borman had three hits apiece in the game and Moore and sophomore Hebraim Cordova of Vega Baja, Puerto Rico, had two hits apiece. Borman had three RBIs for the Bears, who collected 15 hits in the game, including nine doubles. Sophomore Josh Deboer of Coralville allowed three hits and struck out nine to pick up his first win of the season.

DMACC traveled to Neosho, Mo., for games against Crowder Community College on Feb. 25 and 26.

## DMACC's Katlyn Wood named ICCAC Scholar Athlete of the Week



Katlyn Wood

DMACC - The Iowa Community College Athletic Conference has named Katlyn Wood of Des Moines Area Community College its Scholar-Athlete of the Week for the week of Feb. 17.

The award comes on the heels of Wood being named the conference's Athlete of the Week for the week of Feb. 11. And she is the third DMACC student-athlete to earn Scholar-Athlete of the Week honors in consecutive weeks. Sophomore Carli Bunning received the award for the week of Feb. 11 and freshman Lacy Stevenson was named the con-

ference's Scholar-Athlete of the Week for the week of Feb. 4.

Wood, a sophomore forward on the DMACC women's basketball team, scored 10 points and grabbed 11 rebounds in the Bears' 81-46 win over Southwestern Community College on Feb. 9. She followed that performance with 10 points and 13 rebounds in a 56-42 win over North Iowa Area Community College on Feb. 12.

Wood, who is from Monroe, leads DMACC in scoring with a 13.6 average. She is shooting 45 percent from the field (145-of-323) and 79 percent from the free throw line (85-of-108). Wood has made 20 of 67 3-point field goal attempts.

Wood is averaging nine rebounds a game and also leads the team in that category. She has grabbed 257 rebounds, including 202 off the defensive glass.

Wood also excels in the classroom where she carries a 3.59 grade point average. She plans to continue her education and athletic career at a four-year university.

DMACC is 20-9 overall and 8-7 in the Iowa Community College Athletic Conference.



**DMACC Bears shooting guard #22 Cole Martin goes up for a 3-point basket during the game against Iowa Central on Feb. 23 at DMACC. The Bears lost 58-49, ending their regular season. The Bears ended their season with a 22-7 overall record and an 8-6 mark in the ICCAC.**

## Burrage named NJCAA Division II basketball player of the week



Kannon Burrage

The National Junior College Athletic Association has named Kannon Burrage, a sophomore on the Des Moines Area Community College men's basketball team, its Division II Player of the Week for the week of Feb. 23.

Burrage, a 6-foot-3 guard from East Moline, Ill., had 31

points, three rebounds, three assists and two steals in DMACC's 75-69 loss to Kirkwood Community College on Feb. 16.

On Feb. 18, Burrage scored a season-high 36 points on 12-of-21 shooting from the field and 10-of-12 from the free throw line to lead the Bears to a 77-60 win over Iowa Lakes Community College.

Burrage is averaging 21.3 points a game and ranks 14<sup>th</sup> in NJCAA Division II scoring. He has scored 595 points this season. He is shooting 46 percent from the field (209-of-457) and 33 percent from 3-point range (59-of-181). Burrage has made 118 of 164 free throw attempts for 72 percent.

Burrage has 146 rebounds this season to rank second on the DMACC team. He is averaging 5.2 rebounds and 2.5 assists a game.



# Go Bears



# Sport Briefs

## Warehime scores 18 as DMACC women fall to Lakers, 74-73

Freshman Karlie Warehime of Gowrie scored 18 points as the DMACC women's basketball team dropped a 74-73 decision to Iowa Lakes Community College Feb. 19 at Estherville.

Freshman Sam Thrapp of Davenport and sophomore Katlyn Wood of Monroe added 12 and 11 points for the Bears, who fell to 20-9 overall and 8-7 in the Iowa Community College Athletic Conference.

## Burrage scores 36 as Bears avenge loss to Iowa Lakes, 77-60

Sophomore Kannon Burrage of East Moline, Ill. scored 36 points to lead the DMACC men's basketball team to a 77-60 win over Iowa Lakes Community College Feb. 19 at Estherville.

The victory avenged a 75-68 home loss to the Lakers on Jan. 22. Sophomore Mike Thompson of Davenport had 10 points in the win.

## DMACC women lose last game of regular season

Freshman point guard Sam Thrapp of Davenport scored 21 points, including 11 in the second half, as the DMACC women's basketball team dropped a 73-66 decision to seventh-ranked Iowa Central Community College Feb. 23 at the DMACC gymnasium.

The game was the last of the regular season for both teams. DMACC closed at 20-10 overall and 8-8 in the Iowa Community College Athletic Conference. ICCAC ended play at 24-4 and 14-2.

## Iowa Central tops DMACC in regular season finale

Sophomore Kannon Burrage of East Moline, Ill. scored 18 points and freshman Cole Martin of Omaha came off the bench to score 13 as the DMACC men's basketball team lost to Iowa Central Community College 58-49 Feb. 23 at the DMACC gymnasium.

The game closed out the regular season for both teams. DMACC ended play with a 22-7 record overall and an 8-6 mark in the Iowa Community College Athletic Conference. ICCAC finished at 21-10 and 10-4



# The wannabes

## DMACC baseball players amuse crowds by imitating coaches from other side

By Kevin Langel  
*Editor-in-Chief*

At times, more eyes might be on the action on the sidelines of the Bear’s basketball games rather than the court during recent home basketball games

Baseball members have been positioning themselves in the southwest corner of the gym and have been busy keeping the crowds entertained by imitating the coaches and players of the opposing team.

The idea was proposed by teammate Alex Lashcombe during the Bears home game against Kirkwood Community College on Feb. 16.

Lashomb started to do it and then other teammates Dylan Thomas, Kent Knobbe and gabby DeVarona joined in. Lashomb became the head coach, while Thomas became the assistant coach.

Alex and Dylan had gotten a text from Dan Fitzgerald, head baseball coach, saying to recreate (imitate) the whole bench of the opposing team.

The whole baseball team got into it with all of the cheering and chanting, which made it even more fun. The whole crowd was getting into it and even some fans of the opposing team.

“A lot of instructors came up to Alex and myself and said that it was one of the best games (ICCC)



*Photo by Kevin Langel*  
**Dylan Thomas (seated) and Alex Lashomb (standing) imitate the opposing team’s coaches at the Iowa Central basketball game on Feb. 23.**

that they’ve been to even though DMACC lost because of what we [baseball team] were doing,” said Thomas. “We were even told by Tom Lee (provost of the Boone Campus) what we were doing a fantastic job during the game.”

When asked if all of this new attention drew any concerns, Thomas said that no one has gotten upset over the team imitating the other team. However, the commissioner of the conference said that they couldn’t stand up on the bleachers or on the court while the ball is in play.

Lashomb and Thomas didn’t even think about dressing up as the opposing team coaches until they team was on their way back from

Independence, MO from a four game series. Coaches Fitzgerald and Eichhorn showed a picture of the head and assistant coach to them on what they needed to dress up like for the ICCC game.

During the first half of the women’s game against ICCC, Lashomb and Thomas figured out what they needed to where and then took a shopping trip to the Good Will store.

“I think that it is very funny that the team is doing this,” said Brian Green, associate provost. “Our only concern is that it doesn’t cross the line of being inappropriate or conflict with the game when the ball is in play. It is good fun as long as it doesn’t get out of hand.”

# SCA hosts battle, events at Boone Campus

Daniel Ginger  
*News Editor*

Imagine a world with knights. Armored warriors who wield swords and shields and who stand for justice with unwavering courage. In this world people spin their own wool for yarn and clothing.

On Wednesday, March 2, that world came to DMACC Boone Campus.

The Society for Creative Anachronism is an international organization with groups in several countries across the globe, including England, China and Russia. The SCA strives to bring a simpler time to the modern world.

“We have a lot of fun. This is a place where everyone can find something they are interested in,”

said Lady Margret Willis, an SCA member who was at the Boone Campus, about the group she represents.

Known to the modern world as Michelle Wagner, Lady Willis describes how the SCA is organized,

“Our group is broken into kingdoms, each ruled by a King and Queen, who are chosen by a Right of Arms. This all-out battle is held every six months and designates the new Price and Princess, who after three months, ascend to the throne.”

The Ames group of the SCA is a Canton of the Des Moines Barony. This means the group in Des Moines is in charge of the Ames group.

There are several hobbies to get involved with in the

SCA.

Caleb Hamilton, a member of the SCA, says, “This is a place where you could be a great fighter on the battlefield as well as a gorgeous knitter.”

Lady Willis, the groups Minister of Arts and Sciences, described the divisions of crafting. “We have people who knit, make their own clothing and yarn, make their own weapons or armor and weave their own cloth.”

To those eager to join, Lady Willis says, “Come to an event and see what its like. See what you’re interested in and go from there.”

The Ames SCA meets at Kildee Hall Animal Pavilion on the ISU campus on Wednesdays from 7 p.m. to 9 p.m. For more information, visit [www.sca.org](http://www.sca.org).

## Green, cont. from page 1

communications and policies.

The Sustainability Task Force began work in December 2009 to develop a Climate Action Plan outlining how carbon neutrality will be achieved. DMACC’s Operation Green Roadmap to Sustainability was adopted May 2010.

Key points to the roadmap include energy audits, installing more energy efficient equipment and computer settings, lighting improvements, and using biodegradable food service items. New construction will incorporate more energy efficient materials and room temperature and ventilation will be improved throughout campus.

In 2010, DMACC received four energy grants ranging from \$44,000 to nearly \$700,000. The new wind energy turbine at Ankeny Campus is the latest in DMACC’s “Operation Green” initiative to reduce the college’s impact on the environmental.

Individual conservation efforts also can add up. Woods requires her students to use scratch paper in class. She also posts her syllabi and other documents online, instead of printing them.

Compare this to the amount of paper used in the computer lab in the library. Librarian Karen Messler estimates library staff replace the paper in the printer “three to four times per day.” One ream of paper has 500 sheets.

Karen thinks a policy would help reduce the amount of paper used.

“Basic regulations are needed, but enforcement of them would be difficult,” she said.

Woods said, “I think we are doing a good job but we still have room to grow.”

If you would like to participate in Operation Green, go to <https://go.dmacc.edu/green>

## Gas prices, cont. from page 1

All postings must be pre-approved by the front desk before being attached to the Commuter’s Board.

“It [the cost of gas] sucks. But, if you’re smart about how you drive and can carpool, it’s a better option,” said Lisa Ritchie.

“It costs \$75 per week, but if I’m coming onto campus anyway, why make others drive separately?” Ritchie carpools with two other students from Grand Junction.

DMACC’s statistician Joe DeHart, PhD, based out of DMACC Ankeny campus compiled some information about Boone Campus and Ames outreach, Hunziker. DeHart writes in his email,

“The totals are for the week of January 16 only. There were 2,209 students attending Boone and/or Hunziker Center that week and they had 2,972 unique commutes. Some commuted to both Boone and Hunziker. So for that week, students drove 443,168 miles or an average of 200 miles per student that week or 40 miles per day.”

According to <http://www.fueleconomy.gov/feg/drive.shtml> there are four great ways improve your gas mileage: drive more efficiently by observing the speed limit and removing excess weight, keeping you car in shape by getting regular checkups and by planning and combining your trips.




*Photo by Evan McCutcheon*  
**Members of the SCA in battle on Wednesday, March 2. This event was held in the Courter Center.**

THE BANNER NEWS STAFF HOPES EVERYONE HAS A GREAT BREAK!

Campus Cafe

Lunch Specials

Daily



Daily Items:

Pizza

Hamburgers

Wraps

Salad Bar

Soup

Cafe Hours

Mon. - Thurs. - 7:30 to 6:00

Friday - 7:30 to 2:00

East end of Courter Center

515-433-5054

Enjoy Lunch at DMACC!

Beth Christianson

Manager



**By Anna Rinehart**

*Staff Writer*

## Benefits to eating healthier snacks

Strawberries are a heart healthy snack and also have tons of antioxidants. Bananas are a rich source of potassium and vitamin C, and apples have pectin that helps remove harmful toxins from the body. Almonds are rich in mono-unsaturated fatty acids that help one's LDL (bad cholesterol). Carrots keep eyes healthy and skin looking beautiful. These are just a few positive outcomes with choosing fruits, vegetables, and nuts. There are only a few health benefits to eating vegetables and fruits on the go. They are also low in calories if you are trying to lose weight or maintain a healthy weight. They may also make you feel fuller longer.

Instead of picking up that pop, pick up some fruit juice with no added sugar. It does have some sugar, but it's natural sugar, which is a lot better for you. Pop is loaded with tons of added sugar. The USDA Food Guide (2000 calories) recommends no more than 8 tsp (32 grams) a day. One 8-ounce can of Mountain Dew has 31 g of sugar. This amount is almost all the added sugar one should consume in a day, and is in one can of pop. Here are some low calorie drinks that I recommend on the go: water, vegetable juice, fruit juice (no added sugar), skim milk, unsweetened ice tea, crystal light lemonade, green tea, G2/light Gatorade.

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*Member of ACP and ICMA*



**By Samuel Titus**

This is a very concerning problem that has and currently exists on the DMACC-Boone Campus, but the question for a solution exists. There are atleast a couple food programs that most students go to locally in Boone. One is the Red Rock Community Action, located at 606 Greene Street (their phone number is 515-432-5052), and the Church of God of Prophecy at 21st St. and Crawford St. (may reach them at following URL: [www.facebook.com/pages/Boone-Iowa-Church-of-God-of-Prophecy/114837988540477](http://www.facebook.com/pages/Boone-Iowa-Church-of-God-of-Prophecy/114837988540477)).

Other options that may exist but aren't in Boone may include the Ames Aldi's at 1301 Buckeye Avenue by Movies 12, which have non-brand and non-taxed items which maybe less expensive then other grocery stores. Another option that is just under way by both Phi Theta Kappa and Developmental Psychology classes on campus. They have recently been active with a free spaghetti supper at DMACC basketball games. Overall, DHC Instructor Maggie Stone commentes, "I have seen students from this year, and prior years that were in need of food, and I believe they would benefit from this." She says that they are attempting to fundraise for local grocery store coupons and giftcards to provide to students. Also any nonperishable food items that anyone is able to contribute would be greatly appreciated, and can be dropped off in boxes in front of Maggie Stone's and Nancy Wood's offices.





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# Guess This Pic



Photo by Kevin Langel

If you can guess where this picture is at on the DMACC Boone Campus, you will receive a \$5 gift certificate to the Campus Cafe. If more than one person guesses this correctly, each name will be placed into a hat and the winner will be drawn. The deadline for this picture will be Monday, Mar. 28, at noon. Please submit your answers with the specific location clearly identified to the Banner News production room (Room 115) or by e-mail at [bannernews@dmacc.edu](mailto:bannernews@dmacc.edu).

## Last Issue's Winner

The winner of the last issue's Guess this Pic was Rita Davenport, counselor at the Boone Campus. The picture was taken of a photo between the AAC and the elevator.

# This week's horoscopes

**ARIES (March 21-April 20)** Monday through Wednesday authority figures may ask for solid decisions. Detailed documents, timed contracts or legal permissions may be involved. Expect no hidden agendas here. For many Aries natives almost eight months of unreliable business promises will soon end. After mid-week a complex romantic invitation may temporarily cause workplace or family tensions. Loyalty, canceled plans or revised time schedules may be a key source of concern. Offer encouragement.

**TAURUS (April 21-May 20)** Unexpected social delays or moody moments between loved ones may now be bothersome. Remain cheerfully distant and avoid asking direct questions. Before next week romantic partners and close friends will require added privacy. Complex relationships will soon evolve towards harmony: watch for valuable progress. Wednesday through Saturday ongoing property disputes will be quickly resolved. Stay open and expect key officials to offer new long-term agreements.

**GEMINI (May 21-June 21)** Repeated patterns and old love affairs are accented this week. Monday through Thursday expect complex memories or messages from the past to captivate your attention. Yesterday's choices will soon be proven accurate. Remain dedicated to current romantic and social obligations. Late this week a friend or relative may present an unusual business or financial partnership. New proposals will eventually work in your favor. Remain cautious, however, and watch for last minute options.

**CANCER (June 22-July 22)** Social gatherings will this week provide

delightful distraction. New friendships, quick job proposals and promising romantic introductions will now work to your advantage. Use this time to expand your emotional and financial resources. All is well. Later this week some Cancerians will be asked to clarify or resolve the past financial mistakes of a colleague or trusted work partner. Remain quietly diplomatic but respond quickly: your emotional insight and sensitivity will be greatly appreciated.

**LEO (July 23-Aug. 22)** Outdated documents will now cause unnecessary financial delays. Refuse to postpone small or annoying duties. Over the next eight days long-trusted contracts may need to be redefined. Remain determined and ask key officials for detailed paperwork and new legal documents. After Thursday a friend or relative may feel unusually affected by past memories or recent social events. Press loved ones for short-term social promises. Planned events will require confirmation.

**VIRGO (Aug. 23-Sept. 22)** Key business decisions from approximately three months ago may now require clarification. Authority figures or younger relatives will soon expect detailed records or written proof. Others may be temporarily unsure of their own choices. Take none of it personally. This week workplace attitudes will improve and vital projects will be redefined. Later this week an

old friend or past lover may reveal complex or unexpected opinions. Go slow: powerful emotions are involved.

**LIBRA (Sept. 23-Oct. 23)** Authority figures may provide misinformation or poor instructions over the next few days. If so, remain silently productive and rely on your own instincts. Hidden power struggles or private disagreements will trigger workplace tensions. Stay calm. After Thursday new romantic overtures may be vague or disjointed. Wait for clear invitations before taking risks. At present potential friends or lovers will need extra time to resolve past obligations. Ask for reliable promises.

**SCORPIO (Oct. 24-Nov. 22)** A close friend may this week challenge the ideas of loved ones or ask for detailed romantic advice. Before mid-week complicated social promises and emotionally draining obligations may derail group plans. Reserve judgment

but encourage healthy expression. In the coming weeks new information and revised opinions will arrive. Later this week an unresolved financial mistake may require a quick decision. If so, remain dedicated to your original goals and all will be well.

**SAGITTARIUS (Nov. 23-Dec. 21)** Family obligations may soon be temporarily complex or draining. After Tuesday loved ones may challenge your opinions or request extra private time. Don't be unnerved. Before next week recent disappointments may need to be examined and resolved. Thursday through Sunday accents minor disputes and last minute social changes. Friends or relatives may experience a powerful wave of divided priorities. Offer support and wait for clarity: strong emotions are highlighted.

**CAPRICORN (Dec. 22-Jan. 20)** Friends and relatives may now question their own romantic judgment. Not to worry, however: confused priorities or social doubt will not be permanent. After Wednesday expect loved ones to enjoy calming moments and renewed confidence. In the coming weeks past memories and emotional triangles will fade. Use this time to let loved ones know your feelings and expectations. Later this weekend dreams and family intuitions will be vivid. Watch for valuable clues.

**AQUARIUS (Jan. 21-Feb. 19)** Loved ones may be introspective this week. Be patient and watch for sudden outbursts. At present

deep thought will be followed with probing romantic questions or fast explanations. In the coming weeks long-term relationships will expand to include revised daily obligations, new roles or controversial home expectations. Listen closely for valuable clues. After Thursday plan unique romantic encounters and private social celebrations. A meaningful display of loyalty is needed.

**PISCES (Feb. 20-March 20)** Work contracts and business permissions may soon be cancelled. Over the next five days expect key officials to introduce complex adjustments or revised schedules. Financial promises are now best translated into written agreements. Ask for clearly defined terms and valid expectations. After Thursday some Pisceans will experience a powerful wave of social or romantic intuition, vivid dream activity and quick emotions. Ask loved one for support and encouragement. All is well.

If your birthday is this week...in the coming weeks romantic communication will be unusually intense. After this week expect both loved ones and potential mates to actively seek your attention or approval. Relationships that gently expand over the next few weeks will remain in your life. Alternatively, loved ones that avoid change or refuse to acknowledge new emotional needs will begin fading from your life. After mid-August several years of listless social and romantic progress will end. Watch for fresh proposals and reliable emotional rewards from loved ones. Business plans will also need to be adjusted. Remain open to all new job options.

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